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Candied Fruits and Fruit Candy

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CANDIED FRUITS

Candied fruits made largely for the holiday season, have considerable appeal and can be made at home. They have good flavor and color and are free from excessive stickiness.

Varieties and Kinds of Fruits

Fruits that are satisfactory include Golden Delicious and Northern Spy apples, Lambert and Bing cherries, Bartlett pears, Golden Transparent gage plums, Reine Claude plums, Italian prunes, Elberta peaches, quinces, pineapples, and apricots.

You may can peaches, pears, plums, and Italian prunes by the cold-pack method, using 2½ cups of sugar to 2 cups of water and candy them at your convenience. Commercially canned pineapple and apricots make good candied fruits. If you use canned fruit, omit step 1 of the candying process (page 2).

The method described in this bulletin differs from those in general commercial use because sulfur dioxide is not used to preserve the fruits prior to candying. This change in method for home conditions gives products that are excellent in color and flavor.

General Directions

Use fruit that is a little underripe and very firm. It is best to use the fruit shortly after picking.

Pare and quarter *apples* and *pears*, removing the cores, and cut the quarters vertically into ½- to ¾-inch slices. Quarter or halve the *stone fruits*, depending on the size of the fruit, and

remove the stems and stones. Dip *peaches* into boiling water to help remove the skin. Pit *cherries* and process them whole.

After you have cut the fruit, keep it under water to which has been added ½ teaspoonful of ascorbic acid (vitamin C), obtainable at drug stores, or about 1 tablespoonful of salt, for each 2 quarts of water used. This helps to prevent the fruit from turning brown.

Boil freshly cut fruit for three minutes so the sugar sirup may penetrate the tissue during the candying process. If you neglect to do this, the final product will be leathery.

Add the sugar in steps below to prevent the fruit from becoming tough. An excess of sugar in step 1 tends to make the fruit tough and leathery.

A small amount of corn sirup is needed to prevent a hard crytallization of sugar, but too much corn sirup tends to make the product sticky and produces a less pleasing flavor.

Candied Apples

USE the varieties recommended (page 1) and prepare the fruit as suggested (page 1). Then proceed as directed:

Step 1. Put 2 pounds of fruit into enough boiling water just to cover it. As soon as the water starts to boil again, note the time and continue the boiling for 3 minutes. Then drain the fruit in a wire basket or a colander. Save the water, and make a sirup with 2½ cups of sugar and 2 cups of the water. Heat the sirup and as soon as the sugar dissolves, put the drained fruit into the sirup and again bring it just to a boil, because longer boiling tends to soften the fruit. Then pour the fruit and sirup into a clean glass or porcelain jar or bowl that has been previously rinsed with hot water, and allow the fruit and sirup to stand for approximately 24 hours. Place a dish to float on top of the fruit and sirup to keep the fruit under the surface of the sirup.

Step 2. Drain the sirup from the fruit and add ½ cup of sugar and ½ cup of corn sirup or commercial glucose to the sirup. As soon as the sugar and glucose are dissolved (heating helps), put the fruit into the sirup and bring the sirup to a boil. Then pour the sirup and fruit into the jar or bowl as in step 1 and allow it to stand for 24 hours.

Step 3. Drain the sirup from the fruit and add 1 cup of sugar. As soon as the sugar is dissolved (heating helps), put the fruit into the sirup and bring the sirup to a boil. Then pour the sirup and fruit into the jar or bowl as in step 1 and allow to stand for 24 hours.

Step 4. Repeat step 3.

Step 5. Repeat step 3.

Step 6. Repeat step 3.

After the last step (6), the sirup should be about as thick as strained honey. If not, add more sugar in steps as before (1 cup every 24 hours) until the sirup is as thick as honey. A 2-pound lot is recommended because it is easier to handle without breaking the fruit pieces. More than one 2-pound lot may, however, be prepared at one time.

After the final addition of sugar, allow the fruit and sirup to stand for about a week. Following this standing period, drain the fruit into a wire basket or a colander, and while it is in the basket or colander, dip it for a *few seconds* into hot or gently boiling water to remove any excess sirup. Place the pieces of fruit on waxed paper on trays or plates to drain and dry.

Glazing

After the fruit has dried for two or three days, place it in a basket or colander and dip it into hot sirup (made from 2¼ cups of sugar to ¾ cup of water) which has boiled for 3 or 4 minutes. Then place the pieces on waxed paper to harden. This step produces a sugar glaze which yields a nonsticky product. Candied fruits may be stuffed with nut meats prior to glazing if desired.

Left-over sirup

The sirup left from candying fruit may be used again to candy more fruit by diluting 3 parts of the sirup with 1 part of water for step 1. Corn sirup can be omitted, but sugar is added at each step as before. The left-over sirup need not be wasted; it is good on waffles or pancakes.

Other Candied Fruits

The same steps as those given in the preceding paragraphs for candying apples are used for the other fruits.

Candied Citrus Peels

Orange, lemon, grapefruit, and citron peels may be satisfactorily candied by the directions given for candied fruits. Orange, lemon, grapefruit, and citron peels must, however, be boiled in water until soft—for about 60 minutes. For grapefruit and citron peels, six or seven changes of water are necessary to get rid of the bitterness. It is further recommended that sugar be replaced with glucose or corn syrup in two or more of the steps to yield a product that will not become too hard and dry.

Candied Maraschino-type Cherries

Prepare the fruit before candying as for maraschino cherries:

Varieties

Napoleon or Royal Ann cherries produce a fancy product, but many other varieties may be used. Even dark-colored types may be rather easily bleached and then colored and finished into a good maraschino-type cherry.

Sour cherries of the Montmorency variety are used to make maraschino cherries, but the resulting product is not of high quality because Montmorency is soft fleshed and has a very tough skin.

For preparation of maraschino cherries, the sweet varieties are better than the sour. For this purpose select a variety that is nearly freestone, such as the Napoleon (Royal Ann). This variety clings to the pit in one place only. Any that cling much more than this are rather unsatisfactory because they are difficult to pit.

Maturity

Use cherries that are not fully ripe, because they are firmer and less apt to have bruises than when mature.

Ripe cherries may be used if others are not available. Bruises are not bleached by the methods ordinarily used in the making of maraschino cherries and they are not entirely covered by the dye. Most cherries show some marks after bleaching even when taken from the tree just before fully ripe, but do not reject them because they are satisfactory for general use.

Bleaching

The fruit must be put through this bleaching process to obtain a uniformly dyed product later. The natural pigments of the cherry are not evenly distributed over the skin of the fruit, and the destruction of this natural color by bleaching and subsequent dyeing gives a product that is completely and evenly dyed with the harmless food coloring used for this purpose. Make a fresh solution because the bleaching solution deteriorates on standing.

The bleaching solution may be made with the addition of precipitated chalk which acts as a hardening agent and results in a firmer cherry, a desirable effect for most varieties. Commercially, the fruit is bleached with sulfur dioxide solution; but because of the expense of this material when bought in small quantities, the bleaching solution listed here is recommended. The materials may be obtained from a drugstore.

Precipitated chalk, U.S.P.	30 grains
Sodium bisulfite	147 grains
Citric acid, U.S.P. granular	180 grains
Water	13 1/3 fluid ounces (1 2/3 cups)

To bleach fresh cherries, stem them and then put them into the bleaching solution, or "brine" as it is called, as soon as possible. A pound of cherries can be put into a one-quart, glass, fruit jar. Cover the cherries with the bleaching solution, and close the jar with a rubber ring and the lid. You may use half-gallon jars if you wish. Set the filled jars in a cool place for six weeks. The bleached cherries are yellow in color.

Pitting

After the fruit has stood in the "brine" for six weeks, drain the cherries, rinse them, and pit them. The pitting operation is a knack that can be developed by anyone. The first time you prepare the cherries, use about 1 pound extra for practice in pitting. After a little practice, you will soon acquire skill and speed. A cherry pitting spoon is usually used.[1] Cherry pitting machines used for pitting pie cherries are not satisfactory because they tear and damage the fruit.

Insert the spoon where the stem was pulled off, and push it in beside the pit on the side of the cherry with the line on the skin extending from the stem-end to the apex. It is along this line that the flesh of the cherry clings to the stone. When this is cut through, the pit is free and can be pulled out with little damage to the cherry. When you pull the pit out, keep the

[1]Write to the authors at the New York State Agricultural Experiment Station, Geneva, New York, for information on where you may obtain these spoons.

handle of the spoon on a straight line with the two ends of the stone and not at an angle to it. It is easier for some persons to insert the spoon without regard to the cling area and to cut around the stone by a twist of the wrist, and then remove the stone in the usual way.

Soaking

Soak pitted cherries in cold water for 48 hours to rid the fruit of the sulphite flavor. Change the water at 8-hour intervals. If the weather is warm, you may have to keep the cherries in a cool place while they are soaking in the water to prevent mold-growth. Finally, boil the cherries for one-half hour in fresh water.

Candying

The steps for candying the fruit are the same as those given on page 2, except that in step 1 you add color to the fruit and sirup, and in the last step you add the flavoring.

Coloring

For coloring 2 pounds of fruit, add 7 grains of ponceau 3 R, certified food color, previously dissolved in a little water.

Flavoring

Two flavoring formulas are suggested. The first contains benzaldyhyde alone and is preferred by many persons because a number of the commercial cherries are flavored with this compound. The second formula, which is a mixture of oil of neroli and oil of rose with benzaldyhyde, gives a flavor that is especially pleasing to many persons.

Formula 1: benzaldyhyde pure, 30 drops; alcohol, ½ ounce.

Formula 2: benzaldyhyde, 30 drops; oil of Neroli, 2 drops; oil of rose, 2 drops; alcohol, ½ ounce.

If alcohol is not available, the flavors may be combined in a thick sirup and this mixture thoroughly incorporated with the sirup in which the cherries are held. Flavors may be obtained from the local drugstore where the quantities desired can be accurately weighed or measured.

Some manufacturers of volatile oils and flavors prepare a concentrated maraschino flavor that may be used in place of those mentioned.

The quantities mentioned flavor 2½ quarts of cherries and sirup before draining. If you want a very mild flavor, use one-half of the quantity recommended. The fruit and sirup to which the flavor has been added should be stirred to mix the flavor thoroughly.

Cherries may be stored for home use.[2]

Glaze

The glaze used for other fruits is not satisfactory for cherries because it crystallizes. The formula given for glazing nuts (page 7) may, however, be used for cherries when it is boiled for 6 minutes instead of 12 minutes as recommended for nuts.

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[2]Making Maraschino Cherries at Home. Circular 184. New York State [Geneva] Agricultural Experiment Station. 1939

FRUIT CANDY

A TURKISH paste type of candy can be made from apple juice. The preparation of a suitable juice is best adapted to commercial production. Most homes do not have the necessary equipment for making it. The light-colored apple juice found on the market is satisfactory for fruit candy.

Fruit-candy recipe

2 tablespoons powdered apple or citrus pectin
2 cups sugar
¼ cup corn sirup
2 level tablespoons corn starch
1¾ cups apple juice

Mix the pectin, which can be ordered from most drugstores,[3] with about 1 tablespoon of the sugar and combine thoroughly with the corn sirup. Mix the corn starch with ¼ cup of the apple juice. Bring the remaining 1 cup of apple juice to a boil and pour it over the sugar–pectin–corn-sirup mixture. Heat this mixture slowly for 2 minutes, stirring constantly to prevent it from sticking or scorching. Then add to it the apple-juice–corn-starch mixture. Again heat the mixture for 2 more minutes, constantly stirring. Add the rest of the sugar to this thick mixture and mix well. Slowly heat the mixture, constantly stirring, for 12 minutes. Then pour this out onto a chilled plate or tin and put it in the refrigerator. After it has cooled, cut the candy into squares and roll it in powdered sugar. The candy has the texture of Turkish paste and a considerable apple flavor.

One-eighth cup of raspberry puree thoroughly mixed in the last stages of heating, gives the paste a raspberry flavor. Likewise, ½ cup of chopped nut meats may be added prior to pouring. They improve the flavor of the product, but the flavor of the nuts predominate.

GLAZED NUTS

NEW YORK STATE has a supply of native nuts, such as hickory, black walnut, and butternut, which make most pleasing glazed products. Use the following recipe:

2 cups sugar
1 cup water
½ cup corn sirup

Mix these ingredients, bring the mixture to a boil, and allow it to boil fairly briskly for 12 minutes, without stirring, or until the sirup has reached a temperature of 310°F. Set the pan containing the boiling sirup immediately into cold water to stop the boiling, and then put it into a pan of boiling water while the nuts are being glazed. Drop a half dozen nuts or so into the sirup and then pick them out with two forks or tweezers and put onto a greased plate. Do not let too

[3]Pectin obtained from grocery stores is unsatisfactory.

much of the sirup cling to the nuts. It is necessary to work fast because the sirup becomes too thick in a short time. If it becomes too thick, add about 1 tablespoonful of water, again bring the sirup to a boil, and plunge it into cold water to stop the boiling. Proceed as before. This procedure may be repeated as often as is necessary until all of the nuts have been glazed.

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